

February 2011

# THE FRUIT AND VEGGIE BUZZ

The Newsletter for the Fresh Fruit and Vegetable Program in Indiana



Volume 6, Issue 2

## March is National Nutrition Month

National Nutrition Month® is a nutrition education and information campaign created annually in March by the American Dietetic Association (ADA). The campaign focuses attention on the importance of making informed food choices and developing sound eating and physical activity habits.

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- National Nutrition Month is a great month to incorporate the goals of National School Breakfast Week. March 7-11 is National School Breakfast Week, and to help schools prepare/promote school breakfast, check out the School Nutrition Association's website for resources—<http://docs.schoolnutrition.org/meetingsandevents/nsbw2011/>
- Check out the ADA website for helpful resources on National Nutrition Month—<http://www.eatright.org/NNM/content.aspx?id=7832>

Enjoy interactive tools and videos on the ADA website such as a quiz with answers, a fad diet timeline, and home food safety and reducing salt in your diet

The section on nutrition education resources contains templates and handouts such as recipes, classroom guide, and promotional guides

Need event ideas for NNM? Check out the ADA website under promotional ideas to get a listing of event ideas

## Columbia Elementary

Logansport Community School Corporation decided to give the students at Columbia Elementary a treat this December by making strawberry trees for every classroom. The school had made the strawberry trees a couple years ago for the Columbia Elementary students, and the kids loved them so much that they have been asking the school to do it again. To get the students involved with the project, the student council helped prepare the strawberry trees in the morning. A tree was prepared for each classroom and the students then got to pick their strawberry snack from the trees. Around the strawberry trees were extra berries that looked like packages. The trees took a little time and effort, but it was such a cute idea and something that the students truly enjoyed.

Contact Angela Barnes at [abarnes@doe.in.gov](mailto:abarnes@doe.in.gov) to be featured in the next FFVP Buzz.



## 2011-2012 FFVP Application

The USDA's Fresh Fruit and Vegetable Program (FFVP) provides all children in participating schools with a variety of free fresh fruits and vegetables throughout the school day. In order to qualify, school buildings selected for the FFVP must be an elementary school, operate the National School Lunch Program, submit an application for participation in the FFVP, and have 50% or more of its students eligible for free/reduced price meals. The FFVP application should be posted on the FFVP website on March 1st. For more information and to begin the online application process, visit [http://www.doe.in.gov/food/freshfruit\\_veg\\_program.html](http://www.doe.in.gov/food/freshfruit_veg_program.html). Only one application per school building may be submitted. All applications need to be post marked by March 31, 2011.

(School buildings currently on the FFVP need to fill out the FFVP Profile. This information will be sent to all schools currently on the FFVP on March 1st. Contact Angela Barnes if you have questions at [abarnes@doe.in.gov](mailto:abarnes@doe.in.gov))

## 2011 Senator Richard G. Lugar - School Food Service Employee of the Year Award

For the 14<sup>th</sup> year, Senator Richard G. Lugar, in partnership with Indiana Farm Bureau and the Indiana Department of Education, will formally recognize a school food service employee who contributes significantly to the health and learning capabilities of our students. The selected recipient will be presented with an award during the Indiana School Nutrition Association's award ceremony in the spring of 2011. Indiana Farm Bureau will provide a monetary award of \$500. Entries are due by February 25, 2011. For information on selection criteria and nomination guidelines, visit [http://www.doe.in.gov/food/lugar\\_award.html](http://www.doe.in.gov/food/lugar_award.html).



## Now Accepting HHS Applications Online!

If your school places a high priority on teaching students life-long healthy habits, be sure to submit an application for the Healthy Hoosier School Award. All applications must be submitted online by April 1, 2011; however, you are first encouraged to organize answers on the paper application.

In 2009-2010, one hundred ten elementary, middle, and high schools received the 2009-2010 Healthy Hoosier School Award. Now in its seventh year, the Healthy Hoosier School Award is sponsored by the Indianapolis Colts, Dairy & Nutrition Council, Inc. of Indiana, Indiana Department of Education, Indiana University Health and Indiana School Health Network. For more information on the award or to view the online application, visit: <http://www.a4hk.org/KID/awards/hoosier/registration.php>.

Questions about the Healthy Hoosier School Award should be directed to Beth Foland at [efoland@doe.in.gov](mailto:efoland@doe.in.gov) or Heather Stinson at [hstinson@doe.in.gov](mailto:hstinson@doe.in.gov).



## Elkhart Community Schools

Below is a letter submitted to Elkhart Community Schools from a parent who supports the goals of the FFVP:

Dear Elkhart Community Schools,

My child has a lot of food allergies, but with the fresh fruit and vegetable program, she hasn't had any reactions to the fresh fruits and vegetables that are introduced to her. I really like hearing about the fruit and veggie snacks that she receives at school. I like it so much that I wish as a kid I would have been given this opportunity! Some of these kids wouldn't have the opportunity to try some of the fresh fruits and vegetables if they weren't provided to them. I think the program is wonderful and should continue. Again, thank you so much for this opportunity and please continue the program. I think it is great.

Sincerely,  
Supportive Parent

## The Buzz about Strawberries

- 🍓 Strawberries are the only fruit with seeds on the outside.
- 🍓 The average strawberry has 200 seeds.
- 🍓 The ancient Romans believed that strawberries alleviated symptoms of melancholy, fainting, all inflammations, fevers, throat infections, kidney stones, bad breath, attacks of gout, and diseases of the blood, liver, and spleen.
- 🍓 Strawberries are the first fruit to ripen in the spring.
- 🍓 Strawberries are a member of the rose family.
- 🍓 Ninety-four percent of US households consume strawberries.
- 🍓 Strawberries are low fat, low calorie; high in vitamin C, fiber, folic acid, potassium.
- 🍓 In medieval times, strawberries were served at important functions to bring peace & prosperity.
- 🍓 Folklore states that if you split a double strawberry in half and share it with the opposite sex, you'll soon fall in love.
- 🍓 Over 53 percent of seven to nine-year-olds picked strawberries as their favorite fruit.

# Farm to Table Activity Sheet



It takes several steps to get fresh fruits and vegetables to your dinner table. Can you put these scenes in their correct order by placing the correct number under each one?



Fresh fruit and vegetables are now in the store \_\_\_\_\_



Fruits and vegetables are ripe for picking at the farm \_\_\_\_\_



Fruits and vegetables are picked and put into a basket \_\_\_\_\_



Fruits and vegetable plants are growing \_\_\_\_\_



Seed are planted \_\_\_\_\_



All the fruits and vegetables from the farm are on the truck to be delivered to stores \_\_\_\_\_



Visit [www.ChefSolus.com](http://www.ChefSolus.com) for Free online nutrition games, healthy eatings, fun kids activities, and tips!  
Learn more about fruits and vegetables and farm to table concepts in a fun way.  
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## Chef Solus Valentine Healthy Dessert Toppings Word Scramble

Chef Solus is decorating a healthy sweet treat for Valentine's Day. Unscramble this word puzzle and find the names of some of Chef Solus' favorite toppings!



sprbreiresa

\_\_\_\_\_



bnaaan

\_\_\_\_\_



ycehrr

\_\_\_\_\_



altwof otruyg

\_\_\_\_\_



asrini

\_\_\_\_\_



tusn

\_\_\_\_\_



oewhl wtaeh rrekac

\_\_\_\_\_



enpatu

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